

ALLERGENS AND DIETARY SENSITIVITIES

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
STARTERS (NO SIDES/DIPS)											
Asian Chicken Bites*	2		1			1			1	1	1
<i>Crispy Wonton*</i>	2					1				1	
Chili Popcorn Shrimp*	2		1	1		1		1	1	1	1
<i>Chili Avocado Sauce</i>	2			1		1			1		1
Milestones Chicken Wings* (no add on sauce)	2								1		
<i>Wing Sauce - Sriracha Buffalo Sauce</i>	2				1						1
<i>Wing Sauce - Sesame Ginger Sauce</i>	2		1						1	1	1
<i>Asian Slaw w/ Cilantro Lime Dressing</i>	2										1
<i>Garlic Parmesan Dip</i>	2				1	1	1		1		1
The Captain's Coconut Calamari*	2	1	1				1	1	1	1	1
<i>Mango Chili Sauce</i>	2						1	1	1	1	1
SUPREME Fries*	2				1	1	1	1	1	1	1
<i>Garlic Cheese Focaccia Bread</i>	2		1			1	1		1	1	
Milestones' Famous Hot Spinach and Artichoke Dip (1)	2					1			1	1	
<i>Side: Crispy Tortilla Chips *</i>	2										
Mediterranean Goat Cheese Platter	2		1			1	1		1	1	1
<i>Side: Fig Jam</i>	2										
Pressed Spicy Tuna Sushi	2		1		1	1	1	1	1	1	1
Ahi Tuna Poke with Red Pepper Relish and Wonton*	2		1			1	1		1	1	1
Prime Rib Slider (1)	2		1	1	1	1	1		1	1	1
Ultimate Fish Taco*	2		1	1	1	1	1		1	1	1
French Onion Soup	2		1			1	1		1	1	1
Roasted Mushroom Soup	2		1			1	1		1	1	1
Yam Frites*	2									1	
SALADS (WITH DRESSINGS)											
Roasted Garlic Caesar Salad - Starter Size	4		1		1	1	1	1	1	1	1
Roasted Garlic Caesar Salad - Entrée Size	4		1		1	1	1	1	1	1	1
Milestones' California Spring Salad - Starter Size	4	1	1		1	1			1		1
Milestones' California Spring Salad - Entrée Size	4	1	1		1	1			1		1
Caprese Salad (NO SIDE BREAD)	4					1			1	1	1
<i>Side: Focaccia Bread</i>	4		1			1	1		1	1	
Roasted Beet & Goat Cheese Salad	4	1	1			1			1	1	1
Seafood Salad*	4			1	1	1	1	1	1	1	1
The Chopped Salad	4	1				1		1	1	1	1
Add on: Grilled Steak (5 oz)	10				1	1					
Add on: Grilled Chicken Breast	10					1			1		1
Add on: Grilled Salmon - (4 oz)	10					1	1				
Add on: Seared Ahi Tuna	10			1		1	1				
Add on: Shrimp Skewers - 2 each/ 6 shrimps	10					1		1			1
BRUNCH											
Fruit Plate	3										
California Eggs Benedict (NO BREAKFAST POTATOES)	3			1		1	1	1	1	1	1
Traditional Eggs Benedict (NO BREAKFAST POTATOES)	3			1		1	1		1	1	1
Prime Rib Eggs Benedict (NO BREAKFAST POTATOES)	3			1	1	1	1		1	1	1
Caprese Egg Benedict (NO BREAKFAST POTATOES)	3			1		1	1		1	1	1
Crab and Brie Omelette (NO BREAKFAST POTATOES)	3					1	1	1	1		
Spinach and Feta Omelette (NO BREAKFAST POTATOES)	3					1	1		1		
Steak and Eggs (NO BREAKFAST POTATOES OR TOAST)	3				1	1	1		1		
Three Cheese & Candied Bacon Omelette (NO BREAKFAST POTATOES)	3					1	1		1		
Big Breakfast (NO KETCHUP)	3		1			1	1		1	1	1
Hazelnut Chocolate Banana French Toast	3		1			1	1		1	1	1
Strawberry and Whipped Cream French Toast	3		1			1	1		1	1	1
Prime Rib Hash (NO BREAD)	3				1	1	1	1	1	1	1
Breakfast Tacos (NO BREAKFAST POTATOES & SAUCE)	3					1	1		1	1	1
Scrambled eggs - For Traditional and Big Breakfast	3					1			1		
<i>Side: Breakfast Potatoes*</i>	3					1					
<i>Side: Multigrain toast with butter</i>	3		1	1		1			1	1	
<i>Side: Breakfast Sausage</i>	3									1	
<i>Side: Smoked Ham</i>	3										1
<i>Side: Double-Smoked Bacon</i>	3										
MAINS											
Stacked Chicken Parmesan*	6			1	1	1	1		1	1	1
Cajun Shrimp Creole	6				1	1		1	1	1	1
Ginger Glazed Salmon	6			1	1	1	1	1	1	1	1
Miso Glazed Cod	6			1		1	1		1	1	1
Portobello Mushroom Chicken	6				1	1	1		1	1	1
Mediterranean Chicken	6					1			1		1
Steak Frites* 7oz & 10 oz Cuts	6				1	1	1		1	1	1
Moroccan Lamb Sirlion (no quinoa pilaf & veg)	6	1		1		1					1
Surf n Turf Sirlion (no starch or veg)	6				1	1	1	1	1	1	1
Sirlion 8 oz (no starch, veg or topper)	6				1	1					
<i>Topper: Shrimp with Lobster Butter</i>	6					1	1	1	1		1
Slow Roasted Prime Rib (no starch or veg)	6				1						
PASTAS & BOWLS											
Beef Bolognese	7				1	1	1		1	1	1
Pesto Chicken Penne Asiago	7				1	1	1		1	1	1
Roasted Field Mushroom Gemelli Pasta	7				1	1	1		1	1	1
Seafood Pasta	7					1	1	1	1	1	1
Butternut Squash Ravioli	7	1	1		1	1	1		1	1	
Crispy Chili Chicken Bowl*	7			1		1	1	1	1	1	1
Red Curry Chicken Bowl (with chicken) *	7	1		1		1	1		1	1	1
Red Curry Chicken Bowl (with steak) *	7	1		1		1	1		1	1	1
Sesame Ginger Beef Bowl*	7			1	1	1	1	1	1	1	1
Spicy Thai Basil Noodles	7	1		1	1	1	1	1	1	1	1

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BURGERS & SANDWICHES (NO SIDES)											
Prime Rib Sandwich	9	1	1	1	1	1			1	1	1
Herbed Au Jus	10								1	1	1
Naked Burger	9	1	1	1	1	1			1	1	1
California Burger	9	1	1	1	1	1			1	1	1
Old Fashioned Burger	9	1	1	1	1	1			1	1	1
Brie & Mushroom Melt Burger	9	1	1	1	1	1			1	1	1
Garden Burger	9	1	1	1	1	1			1	1	1
Roasted Red Pepper Relish	9										1
Crispy Chicken Sandwich*	9	1	1	1	1	1			1	1	1
Rustic Chicken Sandwich	9	1			1	1	1		1	1	1
Fries* (NO DIP)	9										
French Onion Soup	9	1			1	1			1	1	1
Roasted Mushroom Soup	9	1			1	1			1	1	1
Gluten Free Burger Bun	9			1		1			1		
Ultimate Fish Taco* -Duo	9		1	1	1	1	1		1	1	1
SIDES											
Side: Beef Gravy	10				1				1	1	1
Side: Quinoa Pilaf	10	1	1		1						
Side: Seasonal Vegetables	10				1						
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	10	1			1	1	1	1	1	1	1
Side: Milestones' California Spring Salad (WITH DRESSING)	10	1	1		1	1			1		1
Side: Red Corn Tortilla Chips*	10										
Side: Yukon Gold Mashed Potatos	10				1						
Side: Fries*	10										
Side: Peppercorn sauce	10				1				1	1	1
Side: Creamed Horseradish	10				1	1			1		1
Side: Crisp Buttermilk Onion Strings*	10				1					1	
Side: Herbed Au Jus	10								1	1	1
Side: Jasmine Rice	10								1	1	
Side: Yam Frites*	10									1	
ADD ONS											
Add on: Grilled Steak (5 oz)	10				1	1					
Add on: Grilled Chicken Breast	10					1			1		1
Add on: Grilled Salmon - (4 oz)	10					1	1				
Add on: Seared Ahi Tuna	10		1		1		1				
Add on: Shrimp Skewers - 2 each/ 6 shrimps	10					1		1			1
SAUCES											
Chili Avocado Sauce	11				1	1			1		1
Mango Chili Sauce	11						1	1	1	1	1
Coconut Sambal	11	1	1								1
Garlic Parmesan Dip	11				1	1	1		1		1
Sriracha Buffalo Sauce	11					1					1
Sesame Ginger Soy Sauce	11		1						1	1	1
Horseradish Aioli	11				1	1			1		1
Sweet Thai Chilli Sauce	11								1	1	1
Avocado Cream	11					1					
Honey Sriracha Aioli Sauce	11		1	1	1	1			1		1
Lime Cilantro Vinaigrette	11										1
Cholula Sauce	11										
DRESSINGS											
Honey Lime Peanut Vinaigrette	11	1						1	1	1	1
Honey Mustard Vinaigrette	11				1						1
Honey Citrus Vinaigrette	11				1				1	1	1
Caesar Dressing	11				1	1	1	1	1	1	1
Lemon Vinaigrette	11								1	1	1
KID'S MENU (NO SIDES)											
Kid: Mini Burgers	12		1		1				1	1	
Kid: Grilled Cheese Sandwich	12		1		1				1	1	1
Kid: Grilled Chicken	12				1				1		1
Kid: Grilled Salmon	12				1		1				
Kid: Pasta - Noodles with Creamy Cheddar Sauce	12				1	1				1	
Kid: Pasta - Noodles with Tomato Sauce	12				1	1				1	
Kid: Chicken Fingers*	12				1				1	1	
Side: Plum Sauce	12										1
Side: Ketchup	12										
Kid: Fries*	12										
Kid: Dessert - Toasted Marshmallow Ice Cream (NO NUTS)	12				1						
Kid: Dessert - Add on: Salted Caramel Sauce	12				1						
Kid: Dessert - Add on: Chocolate Sauce	12				1				1		1
Kid: Dessert - Add on: Vanilla Whipped Cream	12				1						
Kid: Dessert - Chapman's Li'l Sammich	12				1				1	1	1
DESSERTS											
Ganache Torte	13	1	1		1	1			1		
White Chocolate Cheesecake	13		1		1	1			1	1	1
Add on: Toasted Marshmallow Ice Cream	13				1						
The Decadent Duo- White Chocolate Cheesecake & Ganache Torte	13	1	1		1	1			1	1	1
Drunken Donuts*	13	1	1		1	1				1	1
Side Sauce: Limonchello Curd Sauce	13				1	1					1
Side Sauce: Kahlua Nutella Sauce	13		1		1				1		1
Side Sauce: Salted Rum Caramel	13				1						1

*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

FOOD ALLERGY CAUTION!

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.